

**Learning Intentions:** ...to cook for a vegetarian.  
...to use cooker control for a sauce

## Vegetarian Curry- in pairs

### Ingredients

1 large onion - finely chopped  
2 cloves garlic  
small piece (2-3 cm square) fresh ginger  
2 x 15ml vegetable oil - stew pan  
5ml crushed chillies - small bowl  
5ml ground cumin - small bowl  
5ml garam masala - small bowl  
5ml turmeric - small bowl  
5ml of vegetable bouillon powder  
made up to 125ml with boiling water  
1 can chickpeas - drained  
15ml lemon juice - cup  
3 x 15ml coriander - roughly chopped  
freshly ground black pepper  
100g rice

### Equipment List

stew pan  
boiling pan (for rice)  
plate  
garlic press  
chopping board  
wooden spatula  
fork  
sieve  
cooks knife  
teaspoon  
grater  
measuring jug -large and small  
scissors  
cup

### Method

1. Boil kettle and make stock. Half fill the boiling pan for rice.
2. Cut off the onion shoot, half, peel and dice finely. Peel the ginger by scraping with a teaspoon and grate. Peel and crush the garlic.
3. When water boiling add rice to the pan and boil for 12 minutes. Test, drain through sieve and serve.
4. Heat the oil in the pan. Add the onion and fry for 5 minutes until soft.
5. Add the garlic, chilli, ginger, cumin, garam masala and turmeric and cook for 1 minute.
6. Add the vegetable stock and chickpeas. Cover with the lid and simmer gently for 20 - 25 minutes. Meanwhile chop coriander using scissors in a small measuring jug.
7. Stir in the lemon juice and then season with the black pepper. Sprinkle with the chopped coriander. Served hot with boiled rice.